

Your 21 Day Health Check

You were given this card because you recently traveled from a country affected by Ebola.

- 1) Please keep this card available. A public health worker will call to discuss this information with you.
- 2) Each day for the next 21 days, please check:
 - Is your temperature **100.4°F** or **38°C** or higher?
 - Do you have any of the symptoms listed on the CARE Kit Symptom Card?

If you develop a fever or other symptoms, please call your public health contact or State Health Department.

A list of State Health Departments is in your CARE Kit.

If you cannot reach your health department, please call
CDC-INFO: **1-800-232-4636**

If you are having a medical emergency, call 911.
Show this card right away if you seek medical care.

Healthcare Providers: Place this patient in a private room
(isolated from others) and notify your health department.

U.S. Centers for Disease Control and Prevention